

SS OSMUND & ANDREW'S RC PRIMARY SCHOOL, BOLTON

NEWSLETTER: Thursday 7th March 2024

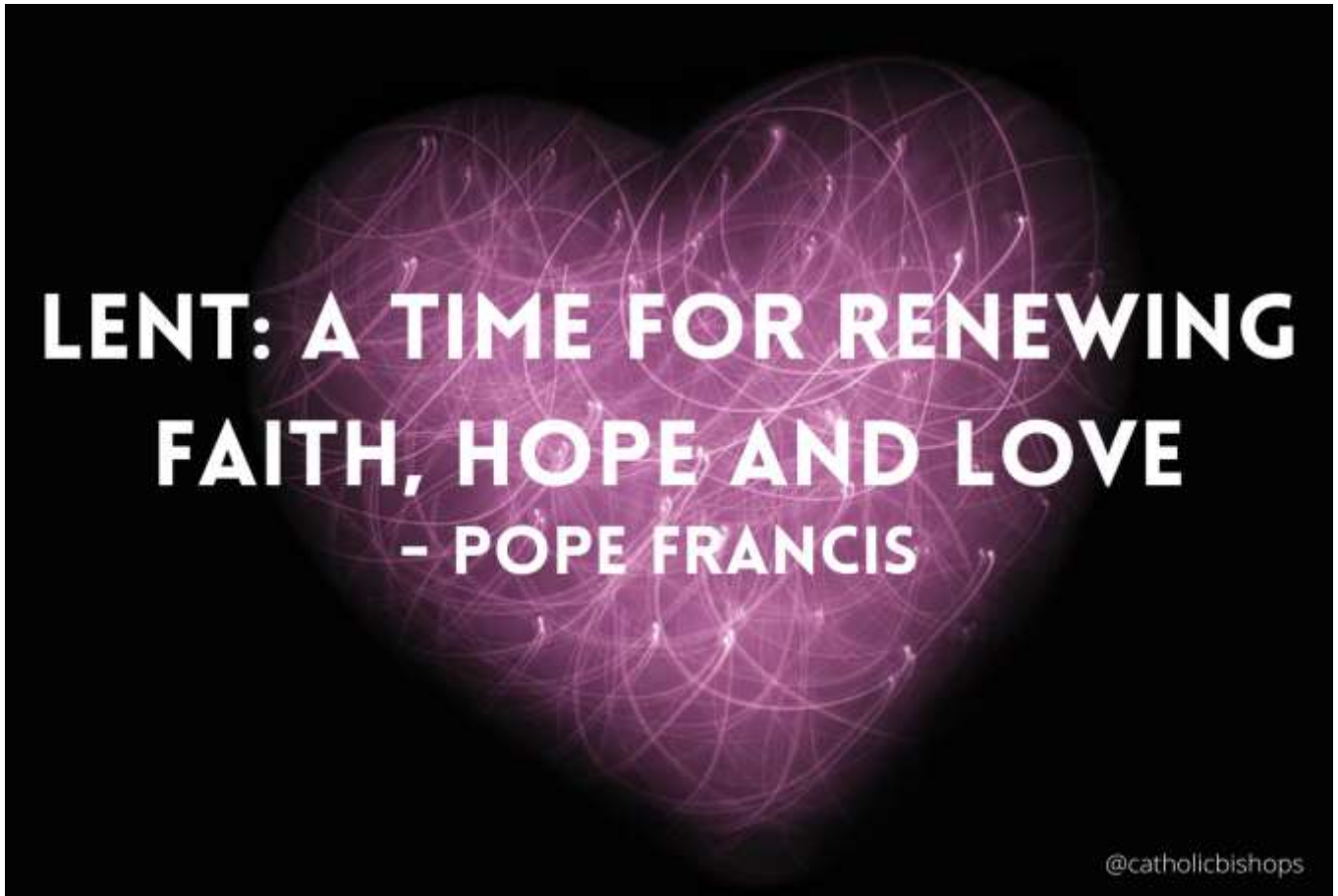


Headteacher: Mr J Graves
Deputy Headteacher: Mrs S Doyle
Assistant Headteacher: Mrs J Devine
School Business Manager: Mrs S Paterson-Faye

Tel: 01204 333070
www.ssoarc.co.uk
Email: office@ss-osands.bolton.sch.uk

Our Next Break:

Our next break is the Easter holiday. School closes at 3.15pm on Thursday 28th March and re-opens at 8.45am on Monday 15th April.



Thought for the Week:

Please chat through at home with your child(ren) the school's Thought for the Week which on Monday will be:
I know that in Lent I should show FAITH.

Mrs Howe

After 20 years at our school, Mrs Howe will be leaving us next week. Mrs Howe has been a great servant to our community for many years and while we are sad she is leaving us, we wish her well in her retirement. As her last day in school will be Wednesday 13th March, she leaves us with some lovely words;

"After being part of the wonderful SS Osmund & Andrews family for 20 years, the time has now arrived for me to retire and move on to the next phase of my life.

Since starting as a volunteer in 2003 at St Andrews school, I have seen many great changes over the years, which include merging with St Osmund's in 2007, new Headships and my role within the school.

Opportunities to enhance my role have enabled me to progress from Teaching Assistant to Special Needs Assistant, Learning Mentor, Designated Safeguarding Lead, Pastoral Support, and Speech and Language Coordinator ...all of which have been hugely fulfilling and rewarding.

I have made great relationships with parents and carers, who have been a huge support over the years.

To top all this, I have had the pleasure of working alongside the most committed and compassionate people, all who possess selfless dedication.

I will miss being part of this wonderful family.

Most of all I will miss the children who have all given me such delight and joy throughout the years ...

Thank you, SS Osmund & Andrews"

SS OSMUND & ANDREW'S RC PRIMARY SCHOOL, BOLTON

NEWSLETTER: Thursday 7th March 2024



Headteacher: Mr J Graves
Deputy Headteacher: Mrs S Doyle
Assistant Headteacher: Mrs J Devine
School Business Manager: Mrs S Paterson-Faye

Tel: 01204 333070
www.ssoarc.co.uk
Email: office@ss-osands.bolton.sch.uk

Class Honours

Golden Bin – **Year 6O** – What a tidy classroom all last week!

Roll of Honour – Stars of The Week

The parents of all children on the list below are warmly invited to our school assembly on Monday at 9am to see their child receive their award, Well done to the following children:

Foundation 1 - Jack K for using lovely manners to his teachers and friends.

Foundation 2 - Luna RD for being an excellent role model to our nursery children and being a fantastic 'welly manager' outside!!

1O - Archie N - for making huge improvements in his handwriting and for making super choices all week.....even if he is a city supporter!

1A - Kendal H for a super effort in all her work this week and improving her fluency when reading!

2O - Charlotte W for doing some of her best, neatest writing ever in English this week! Keep up the good work!

2A - Oliver P for putting 100% effort into everything he does and working towards being an independent learner!

3O - Logan P for amazing and speedy progress in his swimming lessons and also for his excellent behaviour when travelling to and from the pool and for good listening to his swimming instructor. Well done Logan.

3A - Callen L for using equal spaces in his writing! Well done!

3A - Louie R for overcoming his worries during swimming and doing an amazing job every lesson! He is smashing it!

4O - Chloe B for producing a beautiful piece of writing in our Traditional Tales unit in English!

4A - Cennet C for great effort in her English and striving to do well in all her work

5O - Oliver D for creative narrative writing and excellent sentence structure. Well done!

5A - Finley D for a great improvement in his writing.

6O - Maya N for her huge ability in all subjects but also her patience and kindness in helping others with maths.

6A - Qaim Z for working independently and efficiently on his non-chronological report! Well done!

Musician of the Week - Isabelle R (6O) for her hard work and "can do" attitude.

Reading Award - Lyssa W (1O)

Assistant Headteacher Award - Jake M (6O) for being such a superb helper at lunchtime.

Deputy Head Award - Grace P (2O) for a huge improvement in her handwriting.

Headteacher Award - Leilani M (5O) for carrying out her duty with such care for the little ones as a play leader!

Book Week

We will have the travelling book fair in school from Thursday 7th March to Tuesday 12th March. You are welcome to pop into the hall (after school 3.15 to 3.45pm) and browse the lovely books for sale. School receives commission from the sales that we use to purchase/replace books in the children's classroom book corners.

Before half term you will have received a £1 book token which you can spend at the Book Fair.

National Girls Football Day

Tomorrow, **Friday 8th March**, is National Girl's Football Day. In support of this, all children can come to school wearing their PE kits.

SS OSMUND & ANDREW'S RC PRIMARY SCHOOL, BOLTON

NEWSLETTER: Thursday 7th March 2024



Headteacher: Mr J Graves
Deputy Headteacher: Mrs S Doyle
Assistant Headteacher: Mrs J Devine
School Business Manager: Mrs S Paterson-Faye

Tel: 01204 333070
www.ssoarc.co.uk
Email: office@ss-osands.bolton.sch.uk

Red Nose Day

On **Friday 15th March**, children are being invited to come to school in their own clothes – wearing something red to support Red Nose Day. If you would like to make an **optional** donation, you will be able to do so **online** via ParentPay.

Easter Bingo

On **Thursday 21st March**, we will be holding a family Easter Bingo night. Further information will be sent home next week about times etc. In order to assist with prizes, we will be holding a non-uniform day on **Monday 18th March**, when we will be asking for donations of Easter eggs. Thank you in advance for your support.

Class Photographs

Class photographs will be being taken on **Thursday 21st March**. Please ensure all children are wearing the correct school uniform. A link will be emailed home at a later date which parents can use to buy copies of the photographs. Children in Reception will receive a free 'End of 1st Year' book and Year 6 will receive a free 'Leavers' book, both with their class photograph in. Please ensure your child is in school on this day.

Easter Performances – Year 3 & Year 4

The Year 3 & Year 4 Easter Performances will take place on **Tuesday 26th March at 1.30pm** and **Wednesday 27th March at 6.00pm**. A letter was emailed to parents last week and tickets are available to order online using the link sent home. Tickets are limited to 2 per family initially, any spare tickets will be made available after **Tuesday 19th March**.

St Joseph's Penny Boxes

On Friday, our wonderful GIFT Team will be distributing St. Joseph's Penny boxes to classes. Every year boxes are sent out to schools across Salford Diocese, to help raise money for various Caritas projects, providing urgent and practical help to those in need. If you are able to, please pop any change you can spare into your box and return it to school by **Friday 28th June**.

Parking

Please do not park on Falkirk Drive. Thank you for parking respectfully for our neighbours. For the safety of our families and staff, the school car park is not to be used by parents. Thank you.

Water

Please note that only plain water (not flavoured water) is allowed in lessons, with the exception of where we have a copy of letter from a GP regarding drinking habits.

Advice from the '**Water Benefits Health**' website states: Drinking water and brain function are integrally linked. Lack of water to the brain can cause numerous symptoms including problems with focus, memory, brain fatigue and brain fog, as well as headaches, sleep issues, anger, depression, and many more. The brain is one of the most important organs in the body to keep fuelled. It is approximately 85 percent water and brain function depends on having abundant access to water.

According to Dr. Corinne Allen, founder of the Advanced Learning and Development Institute, brain cells need two times more energy than other cells in the body. Water provides this energy more effectively than any other substance.

When your brain is functioning on a full reserve of water, you will be able to think faster, be more focused, and experience greater clarity and creativity. Bottom line, if you want your brain to function well, receiving and sending signals to the rest of your body, make sure it receives the water it needs. In addition, the type of water you drink is extremely important. We recommend filtered drinking water over tap, bottled, distilled, or reverse osmosis water.

<https://www.waterbenefitshealth.com>

The Imperial College London says: Artificially-sweetened beverages (ASBs) are alternatives to full-sugared drinks. They contain no sugar and are sweetened with artificial sweeteners instead. ASBs are often known as 'diet' versions of soft drinks, and may be perceived by consumers as the healthier option for those who want to lose weight or reduce their sugar intake. However, there is no solid evidence to support the claims that they are any better for health or prevent obesity and obesity related diseases such as type 2 diabetes.

Professor Christopher Millett, senior investigator from Imperial's School of Public Health, said "A common perception, which may be influenced by industry marketing, is that because 'diet' drinks have no sugar, they must be healthier and aid weight loss when used as a substitute for full sugar versions. However, we found no solid evidence to support this."

SS OSMUND & ANDREW'S RC PRIMARY SCHOOL, BOLTON

NEWSLETTER: Thursday 7th March 2024



Headteacher: Mr J Graves
Deputy Headteacher: Mrs S Doyle
Assistant Headteacher: Mrs J Devine
School Business Manager: Mrs S Paterson-Faye

Tel: 01204 333070
www.ssoarc.co.uk
Email: office@ss-osands.bolton.sch.uk

Sugar-sweetened beverages (SSBs) such as soft drinks, fruit-flavoured drinks, and sports drinks, make up a third of UK teenagers' sugar intake, and nearly half of all sugar intake in the US. SSBs provide many calories but very few essential nutrients, and their consumption is a major cause of increasing rates of obesity and type 2 diabetes.

ASBs currently comprise a quarter of the global sweetened beverages market, but they are not taxed or regulated to the same extent as SSBs - perhaps due to their perceived harmlessness, say the researchers.

Despite having no or very little energy content, there is a concern that ASBs might trigger compensatory food intake by stimulating sweet taste receptors. This, together with the consumers' awareness of the low-calorie content of ASBs, may result in overconsumption of other foods, thus contributing to obesity, type 2 diabetes and other obesity-related health problems.

(<https://www.imperial.ac.uk/news/176711/sugar-free-diet-drinks-better-healthy-weight/>)

The National Library of Medicine website states: Flavoured water and soft drinks are limited in school to packed lunches (and not lessons) because of the potential health problems associated with high intake of sweetened drinks which are 1) overweight or obesity attributable to additional calories in the diet; 2) displacement of milk consumption, resulting in calcium deficiency with an attendant risk of osteoporosis and fractures; and 3) dental caries and potential enamel erosion.

(<https://pubmed.ncbi.nlm.nih.gov/14702469/>)

Thank you for your support in this matter. I hope the information above explains why we can only allow water in lessons.

Vaping

Vaping is not allowed on school grounds and we would recommend to all parents that the children do not see their trusted and influential adults vaping. There are a variety of dangers that are associated with vaping and I would ask that parents reinforce our message to children which is around the damage that can be caused to children's health.

The dangers of vaping include asthma, lung scarring and damage, damage to the heart and brain, addiction to nicotine, cancer, and serious injuries and burns from the devices exploding. People tend to think of vaping as "safer" than smoking, but it's not safe.

There is a lot of information available on the internet. The information above was taken from <https://my.clevelandclinic.org/health/treatments/21162-vaping#risks-benefits>

Thank you for your support in this matter.

Own Risk – Valuables and Money

Please remember that school does not take any responsibility for loss or damage to valuable items including money, and thus we ask children not to bring them into school.

Please note these forthcoming dates, which can also be found on the [calendar on the school website](#)

Class Assemblies

Parents are welcome to come along to see their child in the following assemblies:

Nursery	Thursday 4th July (9am) – <i>PLEASE NOTE THIS HAS CHANGED TO A DAY EARLIER</i>
Reception	Thursday 20th June (9am) – <i>PLEASE NOTE THIS HAS CHANGED TO A DAY EARLIER</i>
Y3	Friday, 24th May (9am)
Y5	Friday, 15th March (9am)
Y6	Thursday, 18th July (Leavers' Assembly 2pm)

SS OSMUND & ANDREW'S RC PRIMARY SCHOOL, BOLTON

NEWSLETTER: Thursday 7th March 2024



Headteacher: Mr J Graves
Deputy Headteacher: Mrs S Doyle
Assistant Headteacher: Mrs J Devine
School Business Manager: Mrs S Paterson-Faye

Tel: 01204 333070
www.ssoarc.co.uk
Email: office@ss-osands.bolton.sch.uk

Other Dates for the Diary

Easter Bingo – Thursday 21st March **Please note that the Easter Bonnet Parade has been replaced with Easter Bingo. Further information will be sent home next week.*

Afternoon Easter Performance (Y3/4) - Tuesday 26th March 1.30pm

Evening Easter Performance (Y3/4) - Wednesday 27th March 6.00pm

Y5 Mass at St Osmund's Church – Tuesday 7th May, 1.30pm ****NEW DATE**** all welcome

Y4 Mass at 1.30 at St Osmund's Church – 11th June at 1.30pm, all welcome

Y3 Mass at 1.30 at St Osmund's Church – 2nd July at 1.30pm, all welcome

Afternoon Summer Play Performance (Y5/6) - Tuesday 9th July 1pm

Evening Summer Play Performance (Y5/6) - Wednesday 10th July 6pm

Holidays in Term Time

Please note that our school does not have the power in law to authorise absences for family holidays.

Prayers

Sometimes we all need that extra support and as a school we come together every day to say prayers.

If you would like the school community to pray for you, your family, friends or any other intentions please email the office (office@ss-osands.bolton.sch.uk), speak to the office or write a little note and send it in with your child.

You do not need to write a prayer if you don't wish to, just your intention. For example: please pray for my friend who is having difficulties at this time; please pray for my grandma who is in hospital; please pray for the people of Ukraine etc. We will not mention your name or other names if you do not wish us to but we can add your prayer intentions to our prayers in class and in assembly.

First Holy Communion

The dates that you need are as follows...

EVENT	VENUE	DATE & TIME
Sunday Liturgies	Church	17 March 2024 @ 11:00am 21 April 2024 @ 11:00am 19 May 2024 @ 11:00am
Second Parents' Meeting	Church	Wednesday, 15 May 2024, 6pm
<i>First Holy Communion</i>	<i>Church</i>	<i>Saturday, 8 June 2024, 11am</i>

Code of Conduct: Parents & Visitors

Thank you for:

Respecting the school's caring ethos.

Working with teachers for the benefit of children.

Always remaining calm and respectful.

Always resolving issues through school.

Always correcting your child's behaviour when you need to.

A more detailed version of the Code is on our school [website](#).

SS OSMUND & ANDREW'S RC PRIMARY SCHOOL, BOLTON
NEWSLETTER: Thursday 7th March 2024



Headteacher: Mr J Graves
Deputy Headteacher: Mrs S Doyle
Assistant Headteacher: Mrs J Devine
School Business Manager: Mrs S Paterson-Faye

Tel: 01204 333070
www.ssoarc.co.uk
Email: office@ss-osands.bolton.sch.uk

